



Langley Olympians Swim Club

11th Annual Short Course Invitational

November 4 - 5, 2017

8889 Walnut Grove Drive

Langley, BC, Canada

604 882-0408

Prize money for teams at this meet. Scoring based on
50-30-20-18-17-16-15-14 1st to 8th place.
Large teams 20 or more swimmers. Small teams 19 swimmers or less.
1st place team \$200.00, 2nd place team \$100.00, 3rd place team \$50.00
****PLUS COACH & SWIMMERS GIFT CARDS****

Sanctioned by Swim BC: #22710

POOL AND FACILITIES

8x25m Competition Pool

Electronic Timing

Concession available on site

Warm down lanes available (2x25m lanes warm up/warm down pool)

SCHEDULE

Session	Warm up	Start & Finish
Saturday Heats	7:00-7:55am	8:00am – 2:00pm
Saturday Finals	3:00-3:50pm	4:30pm – 6:30pm
Sunday Heats	7:00-7:55am	8:00am – 2:00pm
Sunday Finals	3:00-3:50pm	4:30pm – 6:30pm

GENERAL INFORMATION

1. Referee: Linda Metcalfe
2. Meet Manager: Rose Adrain rosecmha@gmail.com
3. Meet Official Chairperson: Linda Metcalfe linda@langleyolympians.com
4. Director of Swimming: Brian Metcalfe ✉ laosadmin@telus.net

MEET RULES

1. All swimmers must be registered with Swim BC, SNC or other FINA recognized club.
2. We will try to limit the meet to 350 swimmers any entries over 350 may or may not be accepted.
3. The current SNC Swimsuit policy will be observed at this competition.
4. This meet will observe the SNC rulebook and Swim BC technical guide.
5. SNC warm up procedures will be in effect. Warm up may be blocked and coaches would be notified by email of their warm up times prior to meet.
6. Two warm up/ warm down lanes will be provided during the meet. Swimmers are expected to use these marked lanes ONLY.
7. All events will be run as heats and finals. All events will be circle seeded by time. Finals will be swum as 12 & under, 14 & under, 15 & over.
8. The Swim BC heats/finals meet scratch rules will be in effect:
9. Coaches are asked to check in with meet manager upon arrival in order to pick up meet package or pay any outstanding meet fees.
10. Coaches meetings may be held 10 minutes prior to session starts. Any warm up time changes will be announced at that time.
11. Any act of theft, vandalism, or similar action will result in immediate disqualification.
12. Clubs will be responsible for their swimmers in between heats and finals. Neither the host club nor the facility will be responsible for swimmers.
13. The gymnasium may be booked for swimmers to use during heats only. All chairs and other personal belongings must be removed from the gym by the end of heats each day. L/A OSC parents, officials or Township of Langley Staff will not monitor the gym. Coaches and parents are expected to monitor their own swimmers.
14. There is limited seating at Walnut Grove Pool so please bring folding seats.
15. The Walnut Grove Pool requests that all participants enter through the pool deck doors.
16. Walnut Grove Pool programs will be in operation so there will be restricted areas of use.
17. **The Walnut Grove Pool requests that participants use the high school parking lot.**

ENTRIES

Entries must be received by Thursday, Oct. 26, 2017.

1. **Meet entries must be uploaded prior to 5:00pm Thursday October 26, 2017, to the Swimming Canada www.swimmeet.ca/meetlist.aspx website. Entries sent directly to the meet manager will not be accepted. Please enter times in SCM. **Converted times will be accepted.****
2. Their 9-digit ID number must accompany all swimmers' entries.
3. Swimmers must achieve a 4:00 200 IM to be eligible. Please submit proof of times. **NT entries will not be accepted for these events.**
4. Swimmers will be limited to 8 events.
5. LOSC reserves the right to limit/alter the meet to fit time lines. This may mean limited number of 200/400m events or other such alterations.
6. Age groups will be based upon swimmers age as of the 1st day of the meet.
7. Costs of Individual Entries are \$9.50.
8. Deck entries will be made available if space permits for a fee of \$15.00 per event as exhibitions swims. All deck entries for swimmers not already in the meet must be accompanied by the swimmer's correct Swimming Canada nine-digit ID number, as well as the swimmer's correct birthdate.
9. There is a Swim BC splash fee of \$4.00 per swimmer and facility improvement fee of \$3.00 per swimmer.
10. PARA- swimmers are welcome to compete. Their classification numbers must accompany their entries.
11. Please mail in a \$100.00 non-refundable fee to secure your spot in the meet. Meet Management reserves the right to limit the number of entries in all events to fit the goal time lines. **Please provide club contact's name, email and phone number with your deposit and mail to: Langley Olympians Swim Club
PO Box 12098 RPO
Murrayville BC V2Y 0M6**
12. Please submit 1 cheque for all swimmers entered under the club acronym; made payable to Olympian Swimming (O.S.). **Entry fees must be paid prior to the start of the first session.**
13. Entry fees must be paid prior to the start of the first session. If entry fees are not paid at this time the team will incur a \$100.00 fine.
14. **Coaches should exercise discretion in choosing events for 10 & under swimmers to ensure that time on deck does not exceed Swim BC guidelines.**

SCRATCHES

1. Please have scratches in by **noon, Monday, October 30 2017.**
2. No refund of fees for scratched events after the scratch deadline (Oct 30, 2017) except with a medical certificate submitted to meet management.
3. Day of meet scratches need to be in 30 minutes prior to heats on Saturday & Sunday. (No refund of fees)

ORDER OF EVENTS

Saturday Prelims

(Finals will be same order of events in age groups)

Female	Event	Male
#1	400 FREE	#2
#3	100 BACK	#4
#5	200 BREAST	#6
#7	100 FLY	#8
#9	200 IM	#10
#11	100 FREE	#12

Sunday Prelims

(Finals will be same order of events in age groups)

Female	Event	Male
#13	400 IM	#14
#15	200 FREE	#16
#17	100 BREAST	#18
#19	200 FLY	#20
#21	50 FREE	#22
#23	200 BACK	#24



COMPETITION WARM-UP SAFETY PROCEDURES

Meet Management for all sanctioned Canadian swimming competitions must ensure the following safety procedures are applied. It is incumbent on coaches, swimmers, and officials to work together to comply with these procedures during all scheduled warm-up periods. Coaches are requested to encourage swimmers to cooperate with Safety Marshals.

GENERAL WARM-UP:

- Swimmers must enter the pool FEET FIRST in a cautious manner, entering from a start or turn end only and from a standing or sitting position.
- Running on the pool deck and running entries into the pool are prohibited.
- Meet Management may designate the use of sprint or pace lanes during the scheduled warm-up time. Any such lane usage must be communicated through a pre-competition handout, an announcement or deck signage.
- Diving starts shall be permitted only in designated sprint lanes. Only one-way swimming from the start end of sprint lanes is permitted.
- Pools with backstroke starting ledges available may offer a designated lane for backstroke starts, at meet management's discretion. (This is not mandatory if not enough general lane space is available for the number of swimmers in the meet.)
- Notices or barriers must be placed on starting blocks to indicate no diving during warm-up.

EQUIPMENT:

- Kick Boards, Pull-Buoys, Ankle Bands, and Snorkels are permitted for use in the main warm-up pool during warm-up.
- Hand paddles and flippers are permitted for use in a secondary warm-up pool only (where available), at meet management's discretion and recommended only for higher level or senior competitions.
- At meet management's discretion and based on available space, the Meet Manager may permit use of tubing or cord assisted sprinting in designated lanes and during specific times of the warm-up only. It is recommended that this only be allowed in secondary warm-up pools as space allows. Coaches are responsible for equipment reliability and use. This is recommended only for higher level or senior competitions

VIOLATIONS:

It is recognized that there is a level of interpretation and common sense that must be applied when applying these guidelines. Diving headfirst quietly into an empty pool at the start of warm-up is not the same as diving headfirst into a crowded lane. Judgment and context is required.

- Swimmers witnessed by a Safety Marshal diving or entering the water in a dangerous fashion may be removed without warning from their first individual event following the warm-up period in which the violation occurred and the alternates in that event notified should that event be a final. They may also receive a verbal warning from the Safety Marshal. Swimmers receiving verbal warnings will have their names and clubs registered with the Meet Manager.



- In the case of a second offense during the same competition the swimmer may be removed from the remainder of the competition.

SAFETY MARSHALS:

The Safety Marshal is a trained position designated by Meet Management. Safety Marshals shall:

- Be visible by safety vest.
- Be situated at each end of the competition pool and when applicable, similarly situated in designated warm-up pools when pre-competition warm-ups are scheduled.
- Actively monitor all scheduled warm-up periods.
- Ensure participants comply with warm-up safety procedures and report violations to the Referee.

Depending on the level of competition, Safety Marshals have a role to help work with coaches and swimmers to ensure a safe warm-up environment. This may include educating a younger swimmer on the rules or communicating a concern to a coach.

Judgment, tact and confidence is required and therefore the Safety Marshal should ideally be a more experienced official.

PARA-SWIMMER NOTIFICATION:

Coaches are requested to notify Safety Marshals of any Para-swimmers participating in warm-ups where necessary and at the coach's discretion.

The following statement must appear in all Swimming Canada sanctioned meet information and posted notices:

"SWIMMING CANADA COMPETITION WARM-UP SAFETY PROCEDURES WILL BE IN EFFECT AT THIS MEET."